

1 ABSTRACT
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3 An exercise trainer having a first crank arm and a
4 second crank arm respectively connected to a first foot link
5 and a second foot link with foot pedals supported on the foot
6 links, and bearing supports for the foot links removed from the
7 crank arms. A flexible connection connects a ground point, the
8 foot pedals, and the foot links to provide relative movement in
9 a modified ellipse as to the ground point of at least twice the
10 length of each crank arm. A seat is mounted on the trainer
11 having a motor and control for raising and lowering the seat
12 with respect to the foot pedals. The first and second crank
13 arms are connected to a motor for driving the crank arms at a
14 given speed which can supplement a user's effort or provide a
15 load to a user beyond a given speed.
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